








JIM DAILEY FITNESS & AQUATIC CENTER

January Aerobics Schedule

Phone: 501-664-6976

Effective January 1, 2016



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:00AM to 7:00AM	Step Aerobics Bill	Cardio Sculpt Bernice	Step Aerobics Bill	Body Sculpt Bernice	Step Aerobics Bill	8:30 AM - 9:30AM Body Conditioning Ernest
	6:30AM to 7:30AM	Yoga Wesley		Yoga Cee Cee		Yoga Cee Cee	
	9:00AM to 10:00AM	Total Body Blitz James	Zumba LaWanna	Body Clinic Ernest	Zumba LaWanna	Total Body Blitz James	
Midday	10:15AM to 11:00AM	Seniorcise Aerobics Staff		Seniorcise Aerobics Staff		Seniorcise Aerobics Kim	
	11:00AM to 11:30AM	Seniorcise Weights James		Seniorcise Weights Lee 		Seniorcise Weights Kim	
	11:30AM to 12:00PM	Seniorcise Stretch /Tone James		Seniorcise Yoga Cee Cee		Seniorcise Stretch /Tone Kim	
Evening	4:45PM to 5:15PM		Beginner Body Sculpt Ryan		Beginner Body Sculpt Ryan	<i>THIS MONTH!</i> <i>January:</i> <i>UP YOUR SPORTS-</i> <i>Aikido</i> <i>Thursdays 6:00pm</i> <i>Bootcamp Returns-</i> <i>Mondays and Wednesdays</i> <i>5:00pm to 6:00pm</i> <i>Indoor Triathlon-</i> <i>Saturday, 30th</i> <i>8:00am - 12:00pm</i> <i>Ask the Front Desk for more details!!!</i>	
	5:00PM						
	5:15PM to 6:00PM	Bootcamp Ryan	Total Fit Sterling Body Conditioning Ryan	Bootcamp Ryan	Total Fit Sterling Body Conditioning Ryan		
	6:00PM to 7:00PM 	Step Aerobics Darrell Yoga Cee Cee	Hoopin & Step/Combo Beverly	 Zumba LaWanna (6pm-6:45pm) Yoga Cee Cee	UP YOUR SPORTS (Aikido) Staff		

- * Class/Instructors are subject to change. Schedule can be found online at www.lrpr.org.
- * Class must have a minimum of 3 participants within the first 10 minutes in order to be taught.
- * Body Conditioning will take the place for any class when another Instructor is asked to fill in and is unqualified to teach that class.

